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TÍTULO/TITLE:

Satisfaction with the Social Support of People with Mental Illness in Recovery Process

Objective

Evaluate the satisfaction with the social support of people with mental illness, in the scope of recovery, after hospital discharge.

Methods

This study is part of a research project (InterComuniCaRe), which object of study is related to the recovery of people with mental illness. The phase presented in this work, Implementation of an Individual Intervention Program, comprehends 3 evaluation moments: M0-initial evaluation (hospital discharge); M1-intermediate evaluation (2 months after initial evaluation); M2-final evaluation (4 months after the initial evaluation). This is a quantitative, descriptive and exploratory study which intends to disclose the results of M0 related to satisfaction with social support. The sample (obtained with a convenience sampling technique), at this moment, is constituted by 36 participants. Sample selection criteria: presence of mental illness; age ≥ 18 years, excluding people with dementia, intellectual debility and addiction problems. The evaluation of the satisfaction with social support was performed using the Social Support Satisfaction Scale 1, that has 15 items, distributed by 4 dimensions: Satisfaction with Friends, Intimacy, Family Satisfaction and Social Activities. The study was approved by an Ethic Committee. All participants signed a free and informed consent. Descriptive statistical analysis was made using IBM Statistical Package for Social Sciences, version 25.0.

Results

In this study were evaluated 36 participants: 35 females; age mean of 48,7 ($\pm 10,8$) years; 55,6% attended middle school; 41,7% are employed, 33,3% are unemployed; 44,4% present psychotic disorders, 38,9% present mood disorders and 16,7% personality disorders. To facilitate comparisons between the Scale's dimensions, scores were converted from 0 to 100, according to the author's orientation. The full score of the Scale may vary between 15 and 75. The highest score of the dimensions, and the highest total score of the Scale, correspond to a higher perception of social support. From the analysis, the dimension with the lowest score was Social Activities (47,8 \pm 19,6), followed by Intimacy (58,3 \pm 18,6) and Satisfaction with Friends (59,7 \pm 21,3), being the highest score attributed to the Family Satisfaction dimension (68,9 \pm 22,0). A score of 44,1 \pm 10,7 was obtained for the total punctuation of the Scale.

Discussion

Social support is one of the strategies of people to cope with the complexity and adversity of health and disease. It is known that social support can be understood by the quantity of relationships and their quality. This work indicates that the most fragile dimension is Social Activities and the strongest one is Satisfaction with the Family. These results are relevant so that the individual intervention programs designed for each person, in the scope of recovery, take into account the level of satisfaction that he/she presents with social support. The data from this study allows a serious reflection of the subjective aspects of people's lives and confirms the importance of including them in the care process associated with the promotion of recovery.

Implications to the practice

The transition between hospital/home can be hard and complex, presenting a vulnerability that must be solved. Social support is an important dimension of the recovery process². The recovery implies an expanded process of the individual's adaptation to the context and to the implications of the diagnosis³. Quality of life can be also influenced by the conditions of the social support available⁴. With the results presented in this study we can develop a more individualized and directed intervention to the necessities of the person with mental illness, related with the social support.

The health professionals should support all the process through the many specialized interventions, evaluating the necessities,

priorities, goals, and resources that promote the health transition of the individual and present an important intervention role along the recovery.

Conflict of interests

There are no conflicts of interest detected in this study.

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